Claims:

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- 1. A cabinet comprising:
 - a first side wall; and
- a support member extending from the first side wall, wherein the support member includes a first leg extending at least substantially normal to the first side wall and a second leg extending from the first leg spaced from and at least substantially parallel to the first side wall, wherein the second leg includes a protrusion.
 - 2. The cabinet of claim 1, wherein an opening is formed in said first side wall adjacent said support member.
 - 3. The cabinet of claim 1, further comprising a removable shelf, wherein the shelf comprises a planar surface and a flange depending from said planar surface, wherein the flange includes an opening dimensioned to receive the protrusion when the flange is received between the second leg of the support member and the first side wall.
 - 4. The cabinet of claim 1, wherein the protrusion comprises a substantially hemispherical dimple.
 - 5. The cabinet of claim 1, wherein the support member has a rounded upper edge.
 - 6. The cabinet of claim 1, wherein said support member comprises a lance.
 - 7. The cabinet of claim 1, further comprising:
 - a second side wall positioned opposite said first side wall;
 - a third wall interconnecting the first and second side walls;
 - a base wall interconnecting the first, second and third walls, and
 - a second support member extending from the third wall, wherein the second support member is positioned at substantially the same height from the base

wall as the first support member on the first wall, wherein the second support member includes a first leg extending at least substantially perpendicular to the third wall and a second leg extending from the first leg spaced from and at least substantially parallel to the third wall, wherein the second leg includes a protrusion.

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- 8. The cabinet of claim 7, further comprising a removable shelf, wherein the shelf includes a planar surface and a first flange depending from the planar surface, wherein the first flange includes an opening dimensioned to receive the protrusion of the support member on the first side wall when the first flange is received between the second leg of the support member and the first side wall, and wherein the shelf includes a second flange depending from the planar surface, wherein the second flange includes an opening dimensioned to receive the second support member when the second flange is received between the second leg of the second support member and the third wall.
 - 9. The cabinet of claim 1, wherein said cabinet is fabricated from metal.
- 10. A lance formed in a side wall of a cabinet for supporting a removable shelf, the lance comprising:
 - a first leg extending at least substantially normal to an associated surface;
- a second leg extending from the first leg at least substantially normal to the first leg; and
 - a dimple formed in the second leg.
- 11. The lance of claim 9, wherein the dimple comprises a substantially hemispherical bump formed in the second leg.
 - 12. The lance of claim 9, wherein the second leg has a rounded upper edge.

13. A method of installing a removable shelf in a cabinet including side walls having lances formed therein, wherein each of the lances includes a dimple formed in a leg of the lance that is substantially parallel to the respective side wall from which the lance is formed, the method comprising:

providing a shelf having a plurality of flanges depending from a planar surface, wherein the flanges include openings that align with the dimples of the lances; and

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placing the flanges of the shelf in the lances such that the openings on the flanges receive the dimples on the lances.